

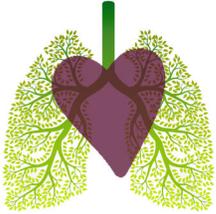


Appalachian Regional Healthcare proudly offers in-school health education programs for all ages.

If you are interested in bringing any of these programs to your classrooms, please contact your local Community Development Manager



Programs include:



Love Your Lungs

An interactive, 4-module program in partnership with Kentucky Cancer Program. Students tour the 12ft tall inflatable MEGA Lung exhibit, learn about the toxins in electronic cigarettes and vapes, participate in a physical activity segment that mimics breathing with respiratory disease, and learn with visual aids such as the “Jar of Tar” and “Smoker’s Lung.” This program is typically 45 minutes to an hour long per class, but can be modified.



ReThink Your Drink

A 40-minute program created to educate students, parents, and teachers on the harmful effects of sugary and/or overly caffeinated drinks on growing bodies. Reducing or eliminating consumption of sugary and caffeinated drinks is critical for helping kids grow up healthy. This program can be modified for all ages.



Healthy Hygiene

Ideal for younger students, this 30-minute program teaches the importance of practicing good hygiene and healthy daily habits. Topics covered include showering, importance of deodorant, nail hygiene, proper handwashing, teeth brushing, and toilet hygiene.



Brain Protectors

This educational program teaches students of all ages to recognize the symptoms of a stroke and call for help during emergencies. Our mission is to empower the next generation to help save lives, because anyone – including our children – can be Brain Protectors.



RespectED: A Program on Healthy Relationships

Teaching teenagers about healthy relationships is crucial in laying the foundation for emotional well-being, personal development, and future interactions. Adolescence is a time when teens are forming their identities and beginning to explore romantic and social relationships more seriously. This program teaches students to understand the difference between healthy and unhealthy behaviors—such as communication, trust, respect, boundaries, and consent.



Hands-Only CPR

Hands-only CPR can be taught quickly and efficiently, often in less than 30 minutes, making it accessible for all students. Incorporating hands-only CPR into classroom curricula not only enhances safety but also fosters a proactive approach to emergency preparedness among students.



Tooth Time with Leo the Lion

Perfect for students aged 3-6, this program helps children understand the importance of brushing their teeth using guided interactions, a lion puppet with teeth, and an engaging book reading. All students leave with a toothbrush!